

DR. CHERYL KASDORF PRESENTS

HEALING FROM NATURE

5 POWERFUL WAYS TO USE NATURE FOR HEALING



EARTH

GO SKIN TO SKIN WITH MOTHER EARTH

walk barefoot on the earth, wet sand or wet grass
sit with your bare feet on the ground or on a rock
skin contact with unsealed concrete can work too

WATER

THE SHAPE AND STRUCTURE OF WATER MATTERS

see if you can find water that flows like in a stream
snow crystals and plants are outside possibilities
re-structure your water with Natural Action Water
Structuring Units for drinking and bathing



FIRE

GET AT MEDICINAL DOSE OF THE SUN

get out in the sun without any possibility of sunburn
get enough light during the day and avoid at night
boost your mood with sunlight

AIR

BREATHE THROUGH YOUR NOSE

close your mouth and inhale through your nose
breathe deeply and evenly into the abdomen
try taping the lips closed at night while sleeping



AETHER

CHOOSE WHERE YOU PUT YOUR ATTENTION

watch your thoughts with curiosity
let all thoughts and feelings flow through
discover your true essence beyond the thoughts

Cheryl Kasdorf, ND, LLC
drcherylkasdorf.com
928-649-9234

Dr. Cheryl KASDORF
naturopathic physician

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